



ACTIVITIES TO DO WITH CHILDREN IN THE GARDEN

Hello! My name is Rebecca Thomas, I am usually very busy this time of year creating, preparing and delivering activities that inspire children and adults to engage with nature while having fun, at the National Botanic Garden of Wales.

With most people at home, I have put together some activities that can be easily taken into the garden, with only a few resources needed.

I will continue sending you ideas and activities throughout the summer. Please share your comments and photographs with [@GTFcymru](#).

Have fun together!

TEDDY BEARS PICNIC

This has always been a firm favourite at the National Botanic Garden

- Choose some teddies that would like to go on a picnic
- Build a den in the garden, large enough for your teddies, using some bamboo canes or sticks, a sheet and some pegs
- Create a scavenger hunt for the children to do around the garden, finding 'food' for the picnic
- For example:
 - Large leaf or dock leaf
 - Daisy
 - Celandine or buttercup
 - Moss
 - Old leaves, from last year
 - Twigs
 - Plates
- Ask the children to arrange the 'food' on a plate or using the large leaf as a plate
- Place the plates in the den, before beginning the picnic

This activity sparked an afternoon of imaginative play with my children, involving all the teddies being brought out for some fresh air and sunshine.

DANDELION GLITTER

Dandelions are in their glory at the moment

They are especially good for bumblebees, bees and insects as they contain high levels of pollen and nectar which is a valuable source of food for the insects at this time of the year.

Dandelions also make very good natural glitter that lasts a long time.

- Take an egg box or a small bucket and collect dandelion heads - remember that dandelions are an important food source for pollinating insects so don't pick too many, leaves and small twigs to make into a picture or collage

- Pull the petals off the dandelion and put them in a pot or the egg box. The pollen will turn your fingers yellow but don't worry it is nature's face paint and will easily wash off
- Make a picture or collage from the leaves and twigs, stick them in place with some glue
- Take some glue and with a glue stick or paint brush make a pattern on the paper
- Sprinkle the dandelion glitter all over the glue and shake off as you would glitter, leaving a lovely pattern of natural art

Dandelions are safe for children, the flowers and the leaves are both edible. The leaves can be made into a tea and the flowers can be sprinkled onto salads.



GROWING THE FUTURE

The Growing the Future project at the National Botanic Garden of Wales is a five-year project to champion Welsh horticulture, plants for pollinators, the protection of wildlife and the virtues of growing plants for food, fun, health and well-being.

Whether you are a seasoned gardener, a fledgling grower or a budding beekeeper - want to help provide training, information and support to you. For more information on the project's events and courses, please call **01558 667150**, email **gtf@gardenofwales.org.uk** or visit **botanicgarden.wales/science/growing-the-future**.

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